



# Summer 2010



## Indoor Swim Lessons

Join the Park Center's

American Red Cross Swimming & Water Safety program!

Our goal is to teach children safe practices and swimming skills in, on and around water while having fun. All lessons are taught by certified Water Safety Instructors and include eight forty minute lessons. In order to improve the quality and effectiveness of Swim Lessons children should be registered for the appropriate level according to their swimming skills.

### Monday – Thursday Mornings

9:40-10:20 am 10:25-11:05 am 11:10-11:50 am

**Session Dates**



**1 June 7 – 17**

(Registration Dates: May 8- Deadline: June 4)

**2 June 21 – July 1**

(Registration Dates: June 11- Deadline: June 17)

**3\* July 6 – 15**

(Registration Dates: June 25- Deadline: July 1)

\*Classes run Tuesday-Friday, Monday-Thursday

**4 July 19 – 29**

(Registration Dates: July 9 - Deadline: July 15)

**5 Aug 2 – 12**

(Registration Dates: July 23- Deadline: July 29)

### Tuesday & Thursday Evenings

4:00-4:40 pm 4:45-5:25 pm

5:30-6:10 pm 6:15-6:55 pm

**Session**

**Dates**



**1 June 1-June 24**

(Registration Dates: May 21-Deadline: May 28)

**2 June 29-July 22**

(Registration Dates: June 18- Deadline: June 25)

**3 July 27-August 19**

(Registration Dates: July 16- Deadline: July 23)

### Saturday Mornings

(Youth and Adult Lessons\*\*)

9:00-9:40 am 9:45-10:25 am

10:30-11:10 am 11:15-11:55 am

**Session**

**Dates**



**A\* June 12- August 14**

(Registration Dates: May 8- Deadline: June 9)

\* **No Lessons: July 3, July 24**

\*\* **Adult Lessons**-Instructors will teach the basics of each competitive stroke and some basic water safety skills. This is a great place to start lap swimming, working toward swimming in a triathlon or just learning basic water skills to be safe in, on and around the water as an adult.

### Swim Lesson Level Chart



Aqua Tots (Ages 6 months – 4 years)



**Aqua Tots:** Water exploration with a parent/guardian accompanying child in the water; No water experience necessary.

Preschool (Ages 3-4 years)

**Preschool 1:** Hesitant to put face in water; No water experience necessary.

**Preschool 2:** Comfortable in the water; Can put face in water; Bob 3 times at chin level with no support; Enter water without help; Float on front and/or back supported for 3 seconds.

**Preschool 3:** Can submerge under water; Float on front and back 5 seconds each with assistance; Swim using a combination of arm and leg actions for 3 body lengths on front; Roll from front to back and back to front.

Beginning (Ages 5-12 years)

**Level 1:** Hesitant to put face in water; No water experience.

**Level 2:** Can move 5 yards; Bob 5 times chin level and safely exit the water; Float on front with support 3 seconds roll to back (with assistance) and float on back with support for 3 seconds.

**Level 3:** Front float and back for 5 seconds each; Swim with a combination of arm and leg actions for 15 feet on the front; Roll from front to back and back to front; Continue swimming after rolling.

Advanced (Ages 5-12 years)

**Level 4:** Jump into deep water; Swim front crawl for 15 yards with side-breathing; Tread for 30 seconds; Swim elementary backstroke 15 yards.

**Level 5:** Swim front crawl 25 yards; Change direction while swimming; Swim elementary backstroke for 25 yards; Swim breaststroke for 15 yards; Swim back crawl for 15 yards.

\*\* After completing Level 5, Pre-Comp is the next class.



202 E. Murray Park Ave.  
Murray, UT 84107



**PARK-CENTER**

(801) 284-4200  
www.murray.utah.gov



## Murray City Summer Indoor Pool Swim Lesson Registration Form

Participant's Name: \_\_\_\_\_

Has participant Participated in Swim Lessons before? No \_\_\_ Yes \_\_\_ Last Level Completed \_\_\_\_\_

Class registering for: \_\_\_\_\_ Level: \_\_\_\_\_

Session number: \_\_\_\_\_ Time: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Male or Female Birth Date: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Email Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relation: \_\_\_\_\_ Phone Number: \_\_\_\_\_


Cost (per participant, per Session) Member/Resident: \$30

Non-Resident \$35

*\*If your child is registered for the incorrect class, there may not be space to move them to the correct class.*

**\*Registrations will not be accepted after the deadline.**

| <u>Monday-Thursday Mornings</u> |  |  |
|---------------------------------|--|--|
| Session                         | Dates                                  |  |
| 1                               | June 7 - 17<br>(Deadline June 4)       |  |
| 2                               | June 21 - July 1<br>(Deadline June 17) |  |
| 3                               | July 6 - 15<br>(Deadline July 1)       |  |
| 4                               | July 19 - 29<br>(Deadline July 15)     |  |
| 5                               | Aug 2 - 12<br>(Deadline July 29)       |  |



| 9:40-10:20 AM | 10:25-11:05 AM | 11:10-11:50 AM |
|---------------|----------------|----------------|
| Preschool     | AquaTots       | Preschool      |
| Beginning     | Preschool      | Beginning      |
| Advanced      | Beginning      | Advanced       |

| <u>Tuesday &amp; Thursday Evenings</u> |                                       |
|--|---------------------------------------|
| Session                                | Dates                                 |
| 1                                      | June 1-24<br>(Deadline May 28)        |
| 2                                      | June 29-July 22<br>(Deadline June 25) |
| 3                                      | July 27-Aug. 19<br>(Deadline July 23) |

| 4:00-4:40 PM | 4:45-5:25 PM |
|--------------|--------------|
| Preschool    | Preschool    |
| Beginning    | Beginning    |
| Advanced     | Advanced     |

| 5:30-6:10 PM | 6:15-6:55 PM |
|--------------|--------------|
| Preschool    | AquaTots     |
| Beginning    | Preschool    |
| Advanced     | Beginning    |

| <u>Saturday Mornings</u> |   |
|--------------------------|---|
| Session                  | Dates                                   |
| A                        | June 12- August 14<br>(Deadline June 9) |

| 9:00-9:40 AM   | 9:45-10:25 AM      |
|----------------|--------------------|
| Preschool      | AquaTots           |
| Beginning      | Preschool          |
| Advanced       | Beginning          |
| Adult Beginner | Adult Intermediate |

| 10:30-11:10 AM | 11:15-11:55 AM     |
|----------------|--------------------|
| Preschool      | Preschool          |
| Beginning      | Beginning          |
| Advanced       | Advanced           |
| Adult Beginner | Adult Intermediate |

Does the participant have any physical limitations? \_\_\_ No \_\_\_ Yes

If yes, please explain: \_\_\_\_\_

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages, for death, personal injury, or property damage which I, as the participant, (or my child) may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I have read and understood the foregoing registration, and agree to all of their terms and conditions.

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Office Use Only  
Paid \$ \_\_\_\_\_  
CASH CHECK VISA MASTERCARD DISCOVER AMEX  
Date \_\_\_\_\_ Staff \_\_\_\_\_

